

Birmingham's Area Running Club
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BIRMINGHAM TRACK CLUB



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BTC



THE VULCAN RUNNER

VOL. 35

★ DECEMBER 2011 ★

ISSUE 8

A WEEKEND OF CELEBRATION

— Alex Morrow

When you think of the word celebration, you simultaneously think of joy, excitement, success and fun. Those sentiments and more were in abundance on Sunday, November 20th, 2011, in downtown Birmingham as nearly a thousand runners came out for the 1st Annual Ruben Studdard Celebration Weekend.

While it may seem strange that Ruben Studdard, Birmingham's very own American Idol Star and Velvet Teddy Bear, would be involved in an event centered on running, Ruben wanted to do his part to create a renewed focus on the health, wellness, and fitness of residents in our area. It is no secret that Alabama struggles with these issues, but **The Ruben Studdard Celebration Weekend** was a step in the right direction.

While the half-marathon, 5K and "Linn Park Lap" all took place on Sunday, it was indeed a full weekend of celebration. On Friday the Ruben Studdard Casino Night was held. Par-



Birmingham native Ruben Studdard mingling with participants at his inaugural "Celebration Weekend."

ticipants had a chance to enjoy music and tempt lady luck with all the proceeds benefitting the Ruben Studdard Foundation for the Advancement of Children in the Music Arts.

Next was the Fleet Feet Expo held at the Birmingham Museum of Art on Saturday. This unique experience

turned packet pick-up into a family friendly event as athletes and family members had a chance to explore the museum. Saturday was brought to a close with the Whole Foods Pasta Dinner accomplishing the time honored tradition of getting runners "carbed up."

CELEBRATION <continued on Page 3>

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bradclay@aol.com
(205) 249-5795



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BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health and recreation.

Contact BTC at: *Birmingham Track Club*
P.O. Box 530363, Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at **btcmembership@gmail.com** so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://birminghamtrackclub.com/News/Newsletter.aspx>

CELEBRATION <continued from Page 1>

Race day finally arrived and the weather was perfect for a Sunday run. To make this event both unique and an enjoyable experience, The Birmingham Track Club's very own Danny Haralson was hired as the race director. The consensus was that a new running event in Birmingham should also have a new, exciting and interesting course. Danny delivered on all counts. The half-marathon offered participants a chance to run by Legion Field, Rickwood Field, Avondale Park and under what used to be The Terminal Building. Talk about a run and a history lesson all in one morning!

The organizers have plans to return again next year for another full weekend of fun. Ruben is already gearing up for next year's race. Having set a 5k PR this year, he is taking on the half-marathon challenge in 2012. •



"This was my first year participating as a volunteer. It was great being able to see each one of my friends pass by and cheer them on. I think they enjoyed seeing me as well and it gave them something on the course to look forward to before they hit the finish line. I highly recommend volunteering if you are unable to participate in your next race."

— **Mitzi Duer-Savelis**, on volunteering during 'Celebration Weekend'



The Ruben Studdard Celebration Weekend **SNAPSHOTS**

– Submitted by Alex Morrow





December BTC President's Message

— Brad Clay

In our consumer-driven, materialistic culture, this time of year seems to miss the point and replace it with urgency, stress, soul-killing obligation, and frustration. I realize something has gone wrong with the world (and me) when I scan the headlines not for Black Friday deals but for news of Black Friday violence.

Perhaps you want to join part of the small number who do seem to get it, who give not out of conditioning but out of the thankfulness that they are recipients.

As this year draws to a close, I would like to point out several opportunities in which you can give to the club in 2012. Throughout 2011, these are some of the larger needs the executive council has identified:

► **MEMBERSHIP COMMITTEE:** For several years, Judy Loo has done a fantastic job keeping track of the club's membership and handling the details of enrolling new members and renewing current members; however, with the numbers the club has at any one time the job has been larger than for one for a while. In addition to the maintenance, the club needs membership support at every social function, every sponsored race, or other event, and it's simply not realistic to have one person be given that task (I have heard Judy does have a life outside the club). In addition, other ideas such as creating a mentoring program for newer members have been discussed, but a functioning committee needs to be in place to have any chance of bringing such to fruition. If helping others into the club appeals to you, please contact Judy.

On a side but related note, the club will soon move to an online application process through RaceIt.com. Many thanks go to Judy and Jason Murray for working through the process to make it happen.

► **DEDICATED WEBMASTER:** The club's website being down for half of the year has hurt communication within the club. Fortunately, our Facebook page has taken up a lot of the slack (BTC followers on

FB have doubled this year to almost 1400). The longer-than-expected transition is coming to a close, but the club still needs a dedicated webmaster to make simple additions to content and conduct simple maintenance. The new webpage will run on Tyfoon (for you in the know).

► **VOLUNTEER COORDINATOR:** Obviously, volunteers drive most of the activities in which the club participates whether it's a race, a track meet, an expo for a large race, support for various nonprofits, events for children/teens, a social event, or other community support. The club needs a designated person who can more effectively organize the membership when needs arise than our typical open invitation, "y'all come help."

► **WALKING GROUP COORDINATOR:** We have had several requests throughout the year for information on walking groups. Perhaps it is from folks looking to drop some weight in order to begin running, new moms returning from pregnancy, runners returning from injuries, or others, the club needs a few people to step up, organize, and take ownership of a walking group.

► **MEMBER BENEFITS COORDINATOR(S):** The EC has recognized the need for one or two individuals to focus on bringing more value to the BTC membership. Perhaps this may involve speaking with local merchants regarding discounts for members, looking for ways to leverage the membership's numbers, but otherwise finding the next tangible bonus for being a BTC member.

If any of these opportunities appeal to you, if you have further questions, or if you have a different idea that you want to explore, please feel free to contact me.

We hope you enjoy this issue of *The Vulcan Runner*. There are a few great group runs and races which take place during the Holy Days and subsequent cold days, so we hope to see you on the road or trail. Peace on earth and goodwill among all! •

bradclay@aol.com

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a weekend road race of one's choice is extremely valuable to the race director, another option to consider is joining one of the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chairs: Tom Scales

tomscale@gmail.com

Loading and unloading, setting up booth

or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service. •

★ BIRMINGHAM TRACK CLUB ★ ANNUAL ★ PARTY

★ ★ ★ JANUARY 21st, 2012 ★ ★ ★

— Micki Haralson

The end of the year party has been planned and scheduled so all you need to do is mark your calendar now and plan to be there! The party will take place at an ALL new location, the Cahaba Pump Station and Museum, just off Blue Lake Road (think Colonnade), on Sicard Hollow Road (any of you who cycle should know where Sicard Hollow is!). We'll have great music from Amerson Events – a DJ with fun dance music and all kinds of requests are expected and encouraged. We'll have yummy food from Mark Giorgi and All Around Town Catering, plus beer and wine.

The annual meeting will take place at 6 p.m. with elections for our 2012 officers, plus recognizing outstanding members, award winners and the 1200 Mile Club new members and repeat performers. Once the meeting is over, PARTY ON!

DETAILS:

WHAT: BTC Annual End of the Year Party

WHEN: Saturday, January 21st, 2011 at 6 p.m.

WHERE: Historic Cahaba Pump Station and Museum – 4012 Sicard Hollow Road, Bham, 35243

WHY: To celebrate accomplishments of 2011 and to elect new officers.

WHO: Current members of the BTC. This is also a great opportunity to JOIN the BTC or renew your membership.

COST: \$10 per individual/\$15 per couple if arrive by 6 p.m.; \$15 per individual, \$20 per couple after 6 p.m.

Send in your nominations!

We're closing in on the **BTC Annual Party** on January 21st and we need nominations for our most prestigious awards, the

Arthur Black/Rick Melanson Award
and the **Randy Johnson Award**.

The **Arthur Black/Rick Melanson Award** is our oldest award and annually is given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC.

The **Randy Johnson Award** will be given to the 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in volunteering capacity in ways that help further the mission of the BTC.

**Submit nominations by *December 28, 2011* (in writing)
or via e-mail to: bradclay@aol.com**

Upcoming BTC Race/Event Online **CALENDAR**

<http://BirminghamTrackClub.com/Calendar.aspx>

GET INVOLVED...CONTRIBUTE TO **THE VULCAN RUNNER**

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November BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary

► November 29th, 2011

► DANNY HARALSON - VULCAN RACE DIRECTOR

- Ruben Half Marathon — had around 800 participants.
- Vulcan Run - Lowest participation in a long time. Possibly due to the AL vs LSU game. Feels that BTC needs to find a way to get more volunteer involvement. Would like to start media earlier like February for race in November. Perhaps a committee just for Vulcan. Would like to have more specific written guidelines for sponsorship.

► BRAD CLAY - PRESIDENT

- Crossplex - needing volunteers for event. Would help fulfill our obligations to Samford for use of Track.
- End of Year Run and Resolution Run - to be combined into one run this year. Will be on December 31st at Red Mountain Park.
- Annual Party - January 31st, 2012m at Pumphouse. Will have a DJ. Starts at 6:00 p.m. with the price going up at 6:30 p.m. Annual Awards - need to send Brad a vote by Jan 3rd.
- Officers for Next Year- Brad and Jason to step down. Brad will stay on as Past President. Discussed potential candidates.
- Mercedes Sponsorship - \$1000. APPROVED.
- Christmas Light Run - December 15th at 6:00 p.m. at Work-Play.
- Website - David Barry will keep the new website updated.

► JASON MURRAY - VICE PRESIDENT

- Membership Database - Judy Loo has completed.

► TOM SCALES - MERCHANDISE

- Would like to order more shorts.



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Runners enjoying Red Mountain Park in December 2011. RMP will be the location of the Birmingham Track Club's NEW YEAR'S RESOLUTION RUN.

PHOTO COURTESY OF
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NEW YEAR'S RESOLUTION RUN SET FOR RED MOUNTAIN PARK

Like to trail run??? We've got a treat for you! In cooperation with the Trak Shak, the Birmingham Track Club will be hosting a *free* **NEW YEAR'S RESOLUTION RUN** at Red Mountain Park on New Year's Eve 2011. We'll have three distance options (3, 5, and 10 miles) for you to choose from, so whatever your New Year's Resolution you can kick it off in style at Red Mountain Park. **Jim 'n Nick's** is going to provide breakfast and beer afterwards, with 8:00 a.m. as the start time for this free run. Mark your calendar for New Year's Eve morning!

Learn more about Red Mountain Park and all it has to offer the running community:

<http://www.FriendsOfRedMountainPark.org>

The View from the BACK OF THE PACK

— By Michele Parr

Inaugural. Even dictionary.com knows it has to do with running. The entry tells us, “marking the beginning of a new venture, series, etc.: the inaugural run of the pony express.”

We get lots of opportunities to participate in inaugural runs here in north central Alabama. There are new 5Ks every month it seems, frequently offered by well-meaning but misguided people who think a run is a great way to raise money.

While there may be lots of new races, there aren't many that include cool new hardware like the half marathon at the Ruben Studdard Celebration Weekend did. We've established (over and over again) that I'm a sucker for hardware, and when Danny Haralson described the medal for this race, nothing short of broken legs would keep me from adding it to my growing collection.

A dramatically different Birmingham course was also a pretty good draw for me. This one delivered nicely. The route goes by Legion Field, Birmingham-Southern College, Rickwood Field,



Railroad Park, Avondale Park, and Sloss Furnace, giving runners a chance to see parts of the city close up in ways they may never have before. Having a downtown finish that's visible from more than 25



yards away is a terrific bonus.

I'm usually suspicious of a Birmingham race that's advertised as “flat and fast,” and I should have been suspicious of this one as well. The second half of the course is significantly more difficult than the first half. My legs felt it and my splits show it, reminding me that there is flat and there is “Birmingham flat.”

I started the race as part of a group of four, and for the first few miles we stayed pretty much together, usually running as pairs but frequently switching up who was running with whom. We started a little faster than we planned, but it felt right. While three of us train as a group and plan as a group, our rule is that anything goes on race day. After the turn at Rickwood, Delpha pulled ahead of Terri, and Patty took a walk break, forcing me to make a decision. I chose to catch up with Terri so

I could keep running and have company, at least for a little while longer.

For the rest of the race, every time I considered dropping off the pace Terri was setting, I just sucked it up and kept going. When I took a walk break up a hill in Avondale, I was surprised to hear her blurt, “Thank God!” Makes me wonder just who was setting that pace.

The out-and-back hill in Avondale was tough and the viaduct near Sloss made us a bit cranky but the tunnel on Airport

Highway was just plain mean. With less than a mile to go, we descended into what seemed the bowels of a dark, dank hell only to have to climb out once again. There was method to this race director madness: the Magic City sign that is the finisher medal once stood atop that tunnel.

With the finish line in sight, we did what runners often do. We looked around for others who might be in our age group and slowly, methodically made our way past them. What we didn't know was that

a couple of our friends were doing the same thing, working toward picking us off in the final yards, not because of age group awards, just because. When confronted with closing yards competition, I've found that I do possess a kick. I hit the gas, the gear engaged (this is never a certainty), and I sprinted all out for the finish. Susan still made it past me, but Jennifer didn't. With some of my swagger still in place, I collected that nifty inaugural finisher medal.

We finished slightly ahead of our planned average pace, faster than Tupelo or Mercedes. It's not fast enough to force a change to the title of this column (I still can't hear the National Anthem or the gun from where I line up), but it was fast enough to push me to train for that PR I want at Mercedes in February. •

micheleparr@mindspring.com

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To place an ad or for more info: btcpresident07@gmail.com

Double Trouble

Meet Cristy and Rebecca. Rebecca just ran her first Half Marathon in Las Vegas with Christy, who is a veteran BTC member.



Cristy Eller

1. **Last movie you liked so much, you watched it twice?** "Taken"
2. **Name one guilty pleasure?** I know I should drink water all the time but a Coca-Cola is so good to drink and sometimes just one is not enough
3. **Favorite place on earth?** The beach or anywhere in Arizona
4. **Worst place on earth?** Haven't found it yet, but if I do I will let you know
5. **One item you would want with you on a desert island?** Running shoes
6. **Most interesting person you've ever met?** My Mom
7. **Coolest trophy or prize you ever won?** 2nd Place Overall (my mom got 1st place)
8. **Favorite TV show?** The Big Bang Theory
9. **Favorite fast-food joint?** Wendy's
10. **Who would play you in a movie?** Jennifer Aniston
11. **Something unique about the town you grew up in?** I do not have a distinct town I grew up in, I moved way too many times as a kid (20+ times)
12. **If you could play an instrument, what would it be?** Piano
13. **Scariest thing that ever happened to you.** Car wreck at 17 years old with my little brother in the car.
14. **Favorite book?** "The Canterbury Tales" – Chaucer
15. **Favorite meal?** Mac N Cheese
16. **Why do you run?** Today I am addicted to it, when I first started out it was to lose weight, I weighed over 200 pounds at one time.
17. **When did you start?** 7 ½ years ago (March 2004)
18. **What's your biggest running accomplishment?** Goofy Race 2007
19. **Favorite BTC story?** Listening to any of the 'old' runner's stories that started the BTC community.
20. **Words to live by or favorite running mantra?** Wow, I have many but these are my favs:
 - "Real athletes run, others just play games." – Unknown
 - "We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."
 - Sir Roger Bannister, first runner to run a sub-4 minute mile
 - "The miracle isn't that I finished. The miracle is that I had the courage to start."
 - John Bingham

Rebecca Liverett

1. **Last movie you liked so much, you watched it twice?** There's too many to name but I watch almost every movie multiple times.
2. **Name one guilty pleasure?** Sweets in general
3. **Favorite place on earth?** Home with family
4. **Worst place on earth?** Crowded elevator
5. **One item you would want with you on a desert island?** Ipod
6. **Most interesting person you've ever met?** Mom
7. **Coolest trophy or prize you ever won?** When I won first place overall for the first time in a 5K
8. **Favorite TV show?** Big Bang Theory
9. **Favorite fast-food joint?** Taco Bell
10. **Who would play you in a movie?** Kristen Stewart
11. **Something unique about the town you grew up in?** Nothing very unique about Alabaster
12. **If you could play an instrument, what would it be?** Guitar
13. **Scariest thing that ever happened to you.** When I was attacked by a cat I had. I still have flashbacks
14. **Favorite book?** Audrey Hepburn - a beautiful spirit. I love her
15. **Favorite meal?** At the Mexican restaurant La Fiesta, it's Letter J without red sauce with cheese on top
16. **Why do you run?** Why do you breathe? It's a need
17. **When did you start?** I was 24, so 7 years ago
18. **What's your biggest running accomplishment?** Running a half marathon
19. **Favorite BTC story?** I don't have one yet but I plan on being around a while so I'll have eventually
20. **Words to live by or favorite running mantra?** "Just one more mile"

Remember that you can also volunteer or nominate your fellow BTC members.

Please contact Phil Min via email if you would like to participate in future versions of this column.

– Phil Min (pemin@mac.com)

RUNNING TIDBITS

— Compiled by Randy Lyle

INTERESTING TIDBITS

TIPS FOR RUNNING IN COLD WEATHER

The best thing about running is that you can do it year round. Of course, we are at the time of the year where cold weather is upon us. Some of us really enjoy the colder temperatures. Others most certainly do not. Regardless on which side of the fence you sit, it is important to remember a few things when running in cold weather. How you dress can make or break your winter runs. Remember, it is possible to dress too warmly and the result can leave you sweaty and uncomfortable. The rules for dressing properly are:

- **Dress in Layers** – Wearing several thin layers helps to trap warm air between each layer, which will keep you much warmer than if you wore one thick layer. This even includes socks; wearing two pairs of polypropylene socks keep your feet warmer and drier than one heavy pair.
- **Wear the Right Fabrics** – Moisture wicking materials such as polypropylene, capilene, and some wool/synthetic blends help keep moisture away from your body to keep you as dry and warm as possible. Avoid wearing cotton because it does not wick moisture and has very little insulating ability, which will leave you wet, cold, and uncomfortable.
- **Wear a Protective Shell** – A waterproof windbreaker or shell can protect you from the wind and precipitation. Gore-Tex is the best material to wear as it does a great job of releasing moisture from the body while also keeping out the moisture from outside elements. Nylon also does a reasonable job for a lesser price.
- **Cover Exposed Skin As Much As Possible** – When temperatures drop below freezing, a hat and gloves become a necessity. You lose the majority of your body heat through any exposed skin. If it is really cold, you can cover exposed areas such as your face with Vaseline.

SAFETY TIPS FOR RUNNING IN COLD WEATHER

There are unique safety concerns when running in cold weather. Extreme temperatures can even pose life-threatening risks if you do not take some basic precautions:

- **Always tell someone where you are going and when you expect to get home.** Make sure at least one competent person knows your plans. If you do not arrive when expected, they will know to look for you.
- **Always wear reflective gear when running in the dark.** With decreased daylight hours, it is more likely that you will be running in the dark during the winter. Be sure to wear light-colored, reflective clothing so oncoming vehicles will see you.
- **Run short loops.** When it is cold, consider running multiple laps of a short course rather than one long loop. That ensures you will never be too far from your start/finish point in case of an emergency. Running a short course also ensures that you will not be heading into bad weather for an extended period, which, aside from being extremely unpleasant, can significantly lower your body temperature.
- **Be careful rounding corners.** Your biggest risk is trying to change direction with ice underfoot. Make sure to slow down when turning corners and be careful on icy surfaces. Do not worry about losing fitness since your main goal should be to complete the run without sustaining an injury from pulling a muscle or from injuring yourself in a fall.
- **Carry your cell phone, identification, and some cash with you for an emergency.** If you run into a major problem, make sure to have your phone handy and enough cash to get you home if necessary. (This is actually good advice year-round.) You do not want to find yourself stranded in the cold, unable to run, and several miles from home without help.

SOURCE: Active.com (<http://www.active.com/running/Articles/9-Tips-for-Running-in-Cold-Weather.htm?cmp=17-1-1610>)

RUNNING QUOTES

"Running gave me a whole new life. I can't even remember my past - it's like it wasn't me. I have a good life now, and it's all because of running."

— **Bill O'Shields** (runner and former prison inmate)

"Something happened to me when I crossed the finish line. I became a runner. It makes me feel so good about myself. I'm no longer afraid of anything because I've seen what I'm capable of."

— **Heather Walsh** (runner and liver donor)

"Dream big, but allow yourself the opportunity to start small, and have your share of struggles in the beginning. The world's great composers weren't writing symphonies the day they first sat at a piano."

— **Kevin O'Rourke** (Marathoner)

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

— **Colin Powell**

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

— **Vince Lombardi**

"Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than before."

— **Polybius** •

*Miles reported through November 15th, 2011***1,200 Mile Club**

BTC MEMBER NAME	TOTAL	NOV '11	OCT '11	BTC MEMBER NAME	TOTAL	NOV '11	OCT '11
Allen, Darnell	1237.25	96	136	Lee, Laura	620.45		
Andress, Jennifer	1559.5	133	164	Longshore, Les	414		29
Armstrong, Tommy	885.8	56.4	112	Loo, Judy	1134.1	108.5	137.2
Atkins, Brian	919			Losole, Liz	1205.4	79.2	133
Ballard, Bill	1207.9	121.9	83.6	Lupinacci, Tim	1172.6	103.8	144
Barry, David	1202.75	123	75	Lyle, Randy	1809.6	188.3	168.5
Baskerville, Jennifer	1345.35	147.5	91.2	Martin, Cary	650.4	56.5	78.8
Benson, Wayne	726		79	McCalley, Charles	1158.3	142.3	114.1
Bonatz, Ekkehard	2737.1	210	341	McKenna, Don	1105.82	86.39	140.48
Bowman, Bill	835	66	75	Meadows, Bryan	1105	135	110
Bradley, John	558			Milam, Heather	1234.31		154.95
Bradshaw-Whittemore, Al	1066.5	101.6	44.9	Morgan, Cary	2094		188
Brown, Sean	227			Morgan, Phil	1151.3	104.3	160
Bullock, Sharon	1093.9	101	90	Morrow, Alex	1592.76	189.26	152.87
Burnette, Allison	635.55			Muck, Randall	854	105.6	55
Burnette, Jack	1095.2	125.2	138	Murray, Jason	666		
Caldwell, Greg	1282.3	41	84.5	Nealon, Tonya	1146.76	129.95	132.92
Chandler, Teresa	1247	122	152	Northern, Kristie	1438.6	164	202.5
Chapman, Chris	314.75		50.5	Northern, Will	1220.25	91	102.5
Clay, Brad	2917	275	361	Oehrlein, Kimberly	361.8		
Cook, Oscar	241			Parr, Michele	903.5	52.5	87
Creed, Brad	1147.6	108.8	100.6	Pasqualini, Ellie	1268		120
Davis, Milton	220.7			Peagler, Shana	803.2		
Dortch, Cherie	1030.86	140.4	130.1	Peagler, Zach	524.6	71	65.1
Dunham, Kelly	1141.7	94.1	113	Pearce, Julie	997.35		100.86
Dunn, Wade	2513.8	244.6	249.5	Perry, Jeff	1210.8	168.25	160.1
Engels, John	1176.1	106.5	121.1	Randall, Lisa	1486.08	92.98	155.11
Estes, Jeff	643			Richey, Jim	621.1		67.6
Evans, Bob	981	99	113	Roberts, Tim	2119.2	170.7	263.1
Farrell, Meredith	822.25	17.5	43	Rodriguez, Graciela	1021.09	126.32	155.07
Ford, Joe	1153.5		164	Rodriguez, Jose	1225.03	138	167.93
Franklin, Cecile	1609	179	162	Rollins, Stephanie	155.18		
Frederick, Winston	1227	111	134	Rutherford, Keith	1600	160	174
Fuqua, Adria	1230			Sample, Holly	1204		
Ganus, Jack	947		131	Shinn, Ron	1159.12	92.11	139.99
Gillis, Sam	1299.8	139	180	Silwal, Suman	1130		137
Glaub, Chris	1224	91	180	Skelton, Tim	95		
Goode, Johnny	1348	122	205	Skjellum, Jennifer	1292.32	100	100
Goolsby, John	728			Smith, Jerry	1176	116	133
Gray, Marisa	430.8			South, Christopher	1327.34		
Greenwald, Bill	917	53	90	Stearns, David	1107.1	93	102
Grossmann, Christopher	1019.26		103.05	Stockton, Rick	1410.4	114	144.3
Guenster, Dirk	761.7			Stroud, Vanessa	1053.6	151.5	158.25
Hallmark, Daryl	1158.5	45	103	Thrift, Erin	796.1		83
Haralson, Danny	776.5		51	Thursby, Vann	1219.02	115.52	152.77
Haralson, Micki	1139.5	73	81	Vaughan, Keith	732.2	94	99.3
Hales, Susan	1057		112	Weeks, Lance	279.95		
Hargrave, Alan	1179	95	129	Weisberg, Scott	1556		147
Harris, Kendall	1829	40	40	Whatley, Prince	2495.9	189.5	272.1
Hathorne, Chad	458.63	91.35	60	Whitford, Ray	779.1	177.8	146.9
Hayden, Brittany	590.76			Whitt, Trey	259		
Henry, David	1025.4	71.6	135.3	Winborn, Charles	786		
Hickerson, Patrick	478			Woody, Bill	1344	93	129
Hill, Jim	1059	19	86	Wu, Xing	1845.97	158.39	143.19
Jenkins, Mike	1145	93	109	Yancey, Lisa	637.2		
Jones, Delpha	639.94			Young, Charlene	1074	105	107
Jones, Ira	1238.9	122.5	157.1	Zarzaaur, Jason	387.86		
Joyner, David	1423.2	106.9	129.1	Zehnder, Justin	1923	164	201
Kuhn, Jimmy	1080		169				

Email monthly mileage, errors, omissions or questions to: 1200@BirminghamTrackClub.com

Birmingham Track Club

MEMBERSHIP APPLICATION



www.BirminghamTrackClub.com
www.Facebook.com/BirminghamTrackClub

We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

Birmingham Track Club
P.O. Box 530363 Birmingham, AL 35253

btcmembership@gmail.com

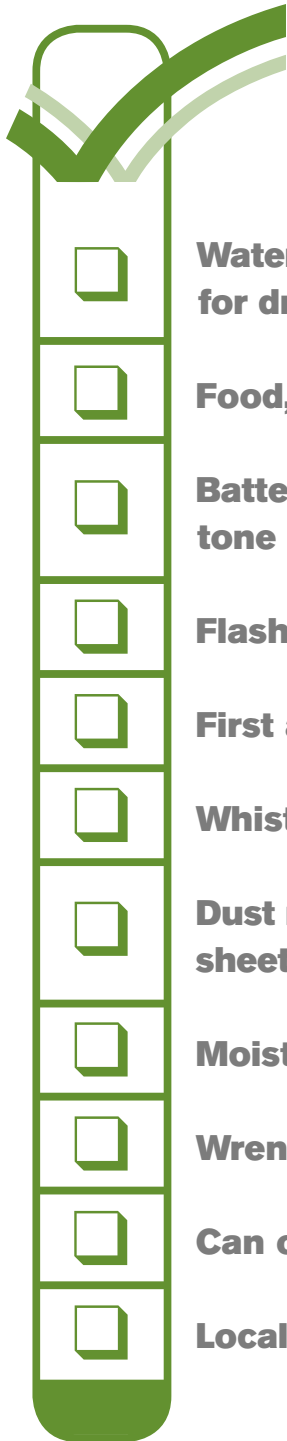
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1) Get an emergency supply kit 2) Make a family emergency plan 3) Be informed about the different types of emergencies that could occur and their appropriate responses.**

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
Jan.																																	
Feb.																																	
Mar.																																	
April																																	
May																																	
June																																	
July																																	
Aug.																																	
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Dec.																																	
Jan.-Dec. TOTAL																																	